

What is claimed:

1. (Currently amended) A golf stance stabilizing apparatus for executing a golf shot, the apparatus comprising a forward foot gripping element including means for securing a forward foot, a rear foot gripping element including means for securing a rear foot, and a stance adjustment mechanism means for adjusting the distance between said forward foot gripping element and rear foot gripping element to minimize movement of a golfer's feet and maintain said golfer's feet in a parallel configuration with respect to each other, wherein said stance adjustment mechanism is arranged horizontally between said gripping elements.
2. (Canceled) The apparatus of claim 1, further comprising an adjustment mechanism for adjusting the distance between said forward foot gripping element and rear foot gripping element.

Application No. 10/813,923

5

3. (Currently amended) The apparatus of claim 1 where in said adjustment means is comprised of two opposing, complimentary attaching means releasably connectable together.

4. (Currently amended) The apparatus of claim 1 wherein said means for securing a forward foot and said means for securing a forward foot each comprise is in the form of two opposing straps releasable releasably attachable to each other.

5. (Currently amended) The apparatus of claim 1 wherein said means for securing a rear foot comprises is in the form of two opposing straps releasable releasably attachable to each other.

6. (Currently amended) The apparatus of claim 5, wherein the two opposing straps are releasable releasably attached to each other by buttons or fabric.

7. (Original) The apparatus of claim 1 wherein said forward foot gripping element further comprises a base strap.

Application No. 10/813,923

6

8. (Original) The apparatus of claim 1 wherein said rear foot gripping element

further comprises a base strap.

9. (Currently amended) The apparatus of claim 6 wherein said two opposing

straps ~~releasable~~ releasably attachable to each other are further attached to said

a base strap.

10. (Currently amended) The apparatus of claim 1 wherein said means for

securing a rear foot and said means for securing a forward foot each comprise is

~~in the form of~~ a base strap and an two opposing straps being releasable

releasably attachable to each other, wherein said opposing straps are is attached

to said base strap.

11. (Currently amended) The apparatus of claim 1 wherein at least one of said

forward foot and rear foot gripping elements further comprise a means for

attaching an additional strap; wherein an additional strap is attached to said

means for attaching, wherein the additional strap further comprising comprises a

Application No. 10/813,923

7

complimentary means for attachment at a first end to be releasably connected to
said means for attaching an additional strap.

12. (Currently amended) The apparatus of claim 1112, wherein the length of the
additional strap is capable of being adjusted.

13. (Currently amended) The apparatus of claim 12, wherein the additional strap
further comprises a means for attaching the additional strap to a person's leg at a
second end opposite said first end.

14. (Currently amended) The apparatus of claim 11, wherein said forward foot
gripping element and rear foot gripping element both comprise a means for
attaching an additional strap and respective additional straps connected thereto
~~the additional strap further comprises a means for attaching the additional strap~~
~~to a person's leg.~~

15. (Currently amended) The apparatus of claim 14,12 wherein the additional
straps further comprises a means for attaching the additional straps to both of a
golfer's person's legs at a second end opposite said first end.

Application No. 10/813,923

8

16. (Currently amended) The apparatus of claim 1513 wherein the additional straps extend from respective gripping elements to an opposing leg of the golfer thereby crossing and being attached at the second ends to an area near the golfer's knees further comprises a means for attaching the additional straps to both a person's legs.

17. (Currently amended) A method of executing or practicing a golf shot, the method comprising the steps of providing a golf stance stabilizing apparatus comprising an unattached forward foot gripping element including means for securing a forward foot, an unattached rear foot gripping element including means for securing a rear foot, a means for maintaining balanced weight distribution, and a means for adjusting the separation distance between said forward foot gripping element and rear foot gripping element, wherein said means for maintaining balanced weight distribution comprises, is a first strap capable of being releasably attached to the forward foot gripping element via a first end and a second strap capable of being releasably attached to the rear foot

Application No. 10/813,923

9

gripping element via a first end selecting-and-straps attached to the forward and rear feet gripping elements of a golf-shot, the method comprising: placing a forward foot in said unattached forward foot gripping element means and securing said forward foot therein, placing a rear foot in said unattached rear foot gripping element means and securing said rear foot therein, determining an appropriate stance or width between said forward foot and said rear foot, adjusting said rear foot to said width, attaching said gripping elements together, attaching one of said first and second straps of the weight distribution means to said respective gripping element, adjusting the length of said one strap to a length to allow said one strap to extend to a position near the knee of an opposing leg and attaching said one strap thereto, attaching the remaining strap of said first and second straps of the weight distribution means to said respective gripping element, adjusting the length of said remaining strap to a length to allow said remaining strap to extend across said one strap to a position near the knee of an opposing leg and attaching said remaining strap thereto, means for